

ABSTRACT

A monitoring device, method and system are disclosed herein. The monitoring device is capable of determine when a user's wrist is at rest using a motion sensor disposed within a wrist module that is attached to the user's wrist. When at rest, the monitoring device utilizes a vital sign monitor to determine a plurality of vital signs of the user. The vital sign monitor preferably comprises a light source and photodetector in communication with a pulse-oximetry circuit. The motion sensor is preferably an accelerometer.